

Carlisle Connection



May
2015

Serving
Carlisle's 60+
Community



COA Official Town website: www.carlislema.gov
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings Everyone,

Announcing New COA E-Newsletter

Have you seen "Bits & Bytes" yet? Bits & Bytes is our new email-Newsletter for Carlisle residents. So far it's been produced on a weekly basis as part of a collaboration between new COA volunteer, Maxine Crowther, and the COA staff, chiefly, Outreach & Program Manager, Angela Smith.

Most of our Carlisle Connection readers probably know that our regular newsletter, the Carlisle Connection, is produced on a monthly basis, except during the summer when the July and August issues are normally combined.

Bits & Bytes is meant to provide information that's either of a more topical or expanded nature that may not have arrived in time or was too large to include in the monthly edition.

In order to sign up for Bits & Bytes just send us your email address and we'll put you on our recipient list. Once you start receiving it, you can always decide to discontinue it by either letting us know directly or hitting the "unsubscribe" link that's at the bottom of each edition. "Try it, you'll like it!"

Warm regards, David

Best Exotic Marigold Hotel Movie Quote:

Everything will be all right in the end... if it's not all right then it's not yet the end.

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FOCCOA Annual Meeting

Sunday, May 31, 3pm

All are welcome to attend the 21st Anniversary of the founding of the Friends of the Carlisle COA on May 31 at 3pm, Benfield Farms. Our guest speaker will be Carlisle Resident Ed Swift, career writer for Sports Illustrated and co-author of best-seller *My Sergei*. Ed's topic will be "What do the 1980 US Olympic hockey team and Tonya Harding have in common?" Refreshments served. A shuttle will be available at Village Court at 2:20pm and Town Hall at 2:40pm to ease parking issues. RSVP to Estelle Keast at ekkeast@comcast.net or (978) 369-2445 www.carlisle.org/foccoa/Home_Page.html.



COA Spring Fling Dance
Friday, June 5, 6pm
St. Irene

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
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Joan Rosazza Patti Russo



TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

Donations/Fees*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5. *Parking fees are the responsibility of the rider.

Medical appointments

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

Local grocery /Shopping trips



Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.



UNO Pizzeria & Grill

Monday, June 8

Join us as we head to Nashua for a delicious lunch at Uno's. Van leaves VC at 10:30am, CC at 10:45am, returning between 2-3pm. Van fee \$5.00. Deadline to register is Monday, June 1.

Theatrical Happenings @

Stoneham Theatre

Call Lillian DeBenedictis at (978) 369-1848 to register.

How to Succeed in Business

Without Really Trying

Wednesday, May 27



Ticket price is \$35.00/pp., payable upon registration. Deadline to register May 5. First come, first served. Lunch on your own at Felicia's restaurant. Van leaves VC at 10:45am, CC at 11am. Return between 5 - 6pm. Van fee \$2.00. Please make checks payable to Carlisle COA.

Late Nite Catechism: Summer School

Thursday, June 25



Ticket price is \$30.00/pp., payable upon registration. Deadline to register May 29. First come, first served. Lunch on your own at Felicia's restaurant. Van leaves VC at 10:45am, CC at 11am. Return between 5 - 6pm. Van fee \$2.00. Please make checks payable to Carlisle COA.

Joanne's Travelers Day Trips

Call Joanne Willens at (978) 371-8023 to register.



Gloucester Lobster Cruise

Wednesday, June 24



Departing from CC at 8:30am for a delicious New England Clam Bake upon the Luxury Beauport Princess Cruise Ship. Returning back to Carlisle around 5:30pm. Tour cost: \$84/pp. Checks made payable to "Fox Tours." Deadline to register is May 15. Payment due at registration.



Provincetown Fast Ferry

Thursday, July 30



Departing from CC at 8am heading to Plymouth where you will catch "Captain John's Fast Ferry." Once there, enjoy the sights, shopping and dining in this eclectic community. Returning back to Carlisle around 7pm. Tour cost: \$69/pp. Checks made payable to "Fox Tours." Deadline to register is June 25. Payment due at registration.

Hair Cuts on the Go!

Monday, May 18, Town Hall



Stylists Suzanne and Georgia provide haircuts to seniors for \$10.50. Call the COA at (978) 371-2895 for your 15 min. appt. between 9 - 11am.



Happy Mother's Day
From the COA Staff



FOOD COURT & Miscellaneous Activities



Monthly Coffee **Wednesday, May 6, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Village Court's Sleeper Room. Coffee's hosts: Elizabeth Acquaviva & Walter Hickman.

Chelmsford Crossing/ Minuteman Senior Services Lunch **Thursday, May 7, 12pm**

The St. Irene is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy roasted prime rib of beef, baked potato, sour cream, whole baby carrots, and orange cake. All gluten-free except for dessert. Register at (978) 371-2895 by noon on Friday, May 1. Suggested seniors donation: \$3. **Following the lunch:** Steve Golson will present a slideshow of his family's December 2008 trip to Rome, including visits to the Colosseum, Vatican, Ostia Antica, and many gelato shops.

"Senior Moments" at **Monday, May 11, 9:30-11am**

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% coffee discount to senior attendees.

Nashoba Tech HS Lunch **Tuesday, May 12, 11:45am**

Menu choices include: meat lasagna, rosemary skewered shrimp or vegetarian meal. To register call the COA at (978) 371-2895 by Tuesday, May 5. **Cost:** \$10 plus tip, payable at school.



Men's Breakfast **Thursday, May 14, 8am**

Held at the Sleeper Room at Village Court, 145 Church St., each month. Enjoy this generous, delicious, hearty breakfast prepared by our volunteer chef and helpers. Suggested donations: \$3 for Men's Breakfast. Gluten-free option available.



COA Lunch **Thursday, May 21, 11:45am**



Join us for lunch at FRS. This meal is run by our wonderful team of COA Volunteers. Menu: pizza and salad, hot and cold drinks and dessert. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, May 18. Shuttle available, see page 2. **Following the lunch:** Brian Kane, who is a Carlisle resident and a professional musician, educator and author will provide a wonderful program that will feature his internationally acclaimed saxophone and woodwind playing, vocals and what I've heard to have incredibly natural sounding background tracks that seamlessly recreate a jazz quartet. His performances are themed around exciting periods of American music-the Big Band Swing Era and the Great American Songbook. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a State Agency.



**"March winds
and April
showers
bring forth
May flowers."**

English Proverb



Outside Walking Group **Thursdays in May, 9:30am**

The outside walking group has resumed and meets on Thursdays in May. Meets at 9:30am on Thursday mornings at Center Park for about a two hour walk at a moderate pace. The walks will be on the trails needed to earn the Carlisle Trekker Award. To keep a log for the award, it may be found in the latest Carlisle Trails Committee Trail Guide. This is available from Ferns and the Town Clerk's office. The log is also online from the Carlisle Trails Committee website, <http://carlisletrails.pbwiki.com/>. Please contact Jane Anderson (978) 369-9672 or jane.anders@comcast.net if you have questions. Expect mud. You don't need to sign up, just show up!

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

Outreach with Angela

With spring often comes cleaning and sorting. Two of our Town Departments are going to help you out!

Want to sell something on craigslist, but concerned about who will come to your home; worry no more. Chief Fisher of the Carlisle Police Dept. has set up the Carlisle Police Station and parking lot as a SAFE zone. For small items, please feel free to meet someone in the Police Station; for larger items you can meet in the Station's parking lot between the hours of 7am-10pm.

Do you have confidential material that needs shredding? Susan Pray, Carlisle School Business Mgr., is going to help you out! On the 3rd Monday of the month, you can go to the school and drop your **Confidential** material off at the bin in the Community room entry. Park in the Highland Bldg. circle 9:30am-2:30pm. If you see school bus mini vans please wait until they leave. Walk down the drive to the left of Highland and the Community room door will be on your left. Please **confidential info only**. This would include paper that has your SSN & name and address. For example, old taxes documents (check <http://www.irs.gov/Businesses/Small-Businesses-&Self-Employed/How-long-should-I-keep-records> before you shred), investment documents, old copies of wills or health care proxies, etc. You should not be shredding anything that just has your name or address (cut off your name and address) and recycle the rest!

If Susan's shredding offer isn't for you, you can shred through **Highland Shredding LLC, 5 Walnut Hill Park, Woburn, MA 01801, (781) 995-0692, www.highlandshredding.com**. \$30 for the first 3 boxes and \$5 for each additional. For pick up service, \$150 pickup and \$3 for each additional box. Make sure you mention the 10% off for seniors!

*Happy Spring Cleaning,
Angela!*



Community Events



Community Conversations

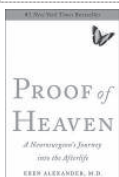
Tuesdays @ 1:30pm

- Gleason Library, Hollis Room -

Please join us! No registration required.

- **Tuesday, May 12: "Take Five!"** Diane Sills & Emily Williams, Proprietors, "The Linen Apron," Carlisle, MA. Preparing a quick, easy, nutritious lunch and breakfast. Looking for some breakfast or lunch inspiration? Diane & Emily, hosts of the website and blog, www.LinenApron.com, will share tips and recipes for nourishing breakfasts and lunches that can be prepared using 5 ingredients or less. Join them to pick up some fresh ideas that are both doable and delicious. Samples will be served, so bring your appetite!

- **Tuesday, May 26: "Thinking About Downsizing?"** Diamond Hayes, William Raveis Real Estate and Dawn Link, Resolutions Organizing. This conversation will be packed with useful info comparing the advantages/disadvantages of home downsizing, property taxes, and utilities costs, between ownership and rental. Some topics discussed: logistics of buying/selling first, market timing, and preparing your home for sale. Tips will also be shared regarding how to organize your home and personal items so you can enjoy a more organized and less stressful life. If you have been thinking about downsizing, or de-cluttering, but don't know how to start, this is a good way to gather more info so you can make better decisions and reach your goal!



Book Club

Monday, May 11, 10:30am

- Gleason Library, Hollis Room -

Proof of Heaven by Eben Alexander

For info contact Mary Zoll, (978) 369-5236.

Knitting in Service Society **Thursday, May 21, 7:30pm**



Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who knit hats/scarves to benefit the Boston homeless through Common Cathedral. For meeting location, call the COA at (978) 371-2895.

FOR YOUR HEALTH



EXERCISE CLASSES - Mind & Body

Note: To sign up for the following programs, call the COA office at (978) 371-2895 (*minimum # required*), unless otherwise noted. Stop in and try a class/day for **FREE**!

MONDAYS

May 4, 11, 18 @ FRS, Union Hall

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Mar.-May).

TUESDAYS

May 5, 12, 19, 26 @ St. Irene

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar.-May).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Mar.-May).

Ballroom Dancing - 2pm. Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn. Please call the COA to register.

WEDNESDAYS

May 6, 13, 20, 27 @ Benfield

Yoga - 9:30-10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body (May-June).

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

THURSDAYS

May 7, 14, 21, 28

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Mar.-May).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Mar.-May).

FRIDAYS

May 1, 8, 15, 22, 29

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com or call the COA.

FREE Blood Pressure Clinics



Wednesday, May 6, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, May 7, 11:30am

Chelmsford Crossing Lunch

St. Irene, sponsored by COA Volunteer.

Monday, May 11, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Thursday, May 14, 8am

Men's Breakfast Sleeper Room, sponsored by Home Instead.

Thursday, May 21, 11am

COA Monthly Lunch, FRS, sponsored by FOCCOA and Emerson Home Care.

Podiatry Clinic



Tuesday, May 5

- Benfield, 2nd Fl., 575 South St. -

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



Inside Walking @ Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open.

Caregiver Support Group






Monday, May 11, 3:30pm

- Gleason Library, Hollis Room -

Anne Marie Rowse of Senior Care Advisors, will facilitate a **FREE** Caregiver Support Group for those caring for aging loved ones experiencing challenges, as well as provide family members or elders looking for health care information. For more info, email amarowse@charter.net.

May 2015

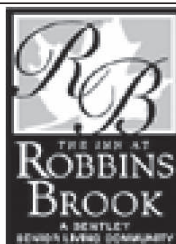
SUN	MON	TUE	WED	THU	FRI	SA
	NOTE: Inside walking - Mon.-Fri. 6:45 - 7:30am CPS. See pg. 5 for more info.				1 Grocery Shopping- 9am SAMA - 10:45am	2
3	4 InterGen. Poetry - CCHS, Leave Town Hall (TH) 9am Restaurant Review - Bamboo, VC 10:40am, CC 10:55am Tap - 1:30pm, FRS	5 Town Elections 7am-8pm Podiatry Clinic by appt., Benfield, 2 nd Fl. Sr. Poetry - 10am, Town Hall Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene Ballroom - 2pm, St. Irene 	6 COA Coffee & BP - 9am, Sleeper Room Yoga - 9:30am, Benfield	7 Outside Walking Grp.- 9:30am, Center Park Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing Lunch - 12pm, BP 11:30am, St. Irene; <i>following lunch: Rome</i>	8 Grocery Shopping- 9am SAMA - 10:45am	9
10 Happy Mother's Day 	11 InterGen. Poetry - CCHS, Leave TH 9am Sr. Moments - 9:30am, Ferns, BP 10am Book Club - 10:30am, Gleason Library Tap - 1:30pm, FRS Caregiver Support - 3:30pm, Gleason Lib.	12 Zumba - 10:45am, St. Irene Nashoba HS Lunch-11:45am Tai Chi - 12:30pm, St Irene Community Conversation 1:30pm, Gleason Library: <i>Take Five!</i> Ballroom - 2pm, St. Irene Tunia - Benfield	13 Yoga - 9:30am, Benfield	14 Men's Breakfast & BP - 8am, Sleeper Rm. Outside Walking Grp.- 9:30am, Center Park Fitness - 9:45am Cardio - 10:45am	15 Grocery Shopping- 9am SAMA - 10:45am	16
17	18 Hair Cuts on the Go! - by appt., Town Hall InterGen. Poetry - CCHS, Leave TH 9am Tap - 1:30pm, FRS	19 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St Irene Ballroom - 2pm, St. Irene COA Board Mtg. - 7:00pm	20 Yoga - 9:30am, Benfield	21 Outside Walking Grp.- 9:30am, Center Park Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am, BP 11am, FRS; <i>after lunch:</i> Brian Kane KISS Knitting- 7:30pm	22 Grocery Shopping- 9am SAMA - 10:45am	23
24	25 TOWN HALL & COA CLOSED memorial DAY 	26 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St Irene Community Conversation 1:30pm, Gleason Library: "Downsizing?" Ballroom - 2pm, St. Irene Tunia - Benfield	27 Yoga - 9:30am, Benfield Theatrical Happenings - How to Succeed in Business, VC 10:45am, CC 11am	28 Outside Walking Grp.- 9:30am, Center Park Fitness - 9:45am Cardio - 10:45am	29 Grocery Shopping- 9am SAMA - 10:45am	30
31 FOCCA Annual Meeting 3pm, Benfield						



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Tunia Body Work Sessions

Tuesday, May 12 & 26

- Benfield, 2nd Fl., 575 South St. -

Interested in trying the Chinese manipulative therapy called *Tunia*? Appointments start at 2pm at Benfield Farms, 575 South Street, in the 2nd floor health room, and are made by contacting Linda Sango, our Tai Chi instructor and a certified *Tunia* practitioner at (978) 660-2837. Carlisle seniors pay a discounted price of \$20/½ hr., and \$40/hr. Please wear loose comfortable fitting clothes. Techniques include soft tissue massage, acupressure and manipulation. *Tunia* is best suited for helping chronic pain, musculoskeletal conditions and stress-related disorders that affect the digestive and/or respiratory systems. Among the ailments *Tunia* treats best are neck pain, shoulder pain, back pain, sciatica and tennis elbow. Because *Tunia* is designed to improve and restore the flow of *qi*, treatment often ends up causing improvements to the whole body, not just a specific area.

May is National Elder Law Month

Linda Butterworth-Till, Attorney-at-Law, has generously offered to prepare Health Care Proxies and Living Wills for the first 20 Carlisleans who call the COA at (978) 371-2895. If you don't already have these documents, they are very important so please take advantage of this **FREE** and generous offer.



"...it's Alice Kramden."

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest
for their support of COA programs and their assistance over the years.